

START

ADULT CPR INSTRUCTIONS

Does anyone there
know how to do CPR?

NO

YES

Do you need help in
remembering the
procedures?

YES

NO

Begin CPR on the patient now.
I'll stay on the line if you need me until
help arrives.

Get the phone **NEXT** to the patient if you can.

OK

CAN'T

Do you have a cordless phone?
Is there a phone that may be closer to the patient?
Can someone there relay my instructions to you?
[If not] I'll give you the instructions, then return to the
phone. If I'm not here, stay on the line.

OK

Listen carefully. I'll tell you what to do.
Get the patient **FLAT** on their back,
on the floor.

OK

CAN'T

Is there anyone there that can help you gently roll or slide the
patient to the floor?
[If not] Can you get help and return to the phone?

OK

NO HELP / CAN'T

Begin attempts as best possible.

(CONT.)

(RESUME.)

BARE the chest.
KNEEL at the patient's side.
PINCH the nose **SHUT** with **ONE HAND**.
With your **OTHER** hand, **LIFT** the **CHIN** so the head **BENDS BACK**.
COMPLETELY COVER their mouth with your mouth.
GIVE TWO SLOW BREATHS OF AIR into the patients **LUNGS**--just like you're blowing up a big balloon.
Make sure the **CHEST GENTLY RISES**.
REMEMBER, FLAT on their **BACK**. **BARE** the **CHEST**.
PINCH the **NOSE SHUT**.
With your **OTHER** hand , **LIFT** the **CHIN** so the head **BENDS BACK**.
GIVE TWO SLOW BREATHS. THEN COME BACK TO THE PHONE!
If I'm not here stay on the line.

OK

Reported Patient Vomited

I CAN'T / HYSTERICAL

You're going to have to calm down to be able to help!

Turn his/her head to the side.
Sweep it all out with your fingers
before you start mouth-to-mouth.

Did the CHEST RISE?

YES

NO

GO TO CHOKING ADULT INSTRUCTIONS

(CONT.)

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(RESUME)

Is the patient moving or breathing normally now?

NO

YES

Roll the patient on their side and check for breathing until help takes over.

CHOKING ADULT ENTRY POINT

I need you to check to see if the patient has a pulse.
FIRST, take your index and middle finger and feel the **FRONT** of the patients neck for **the Adam's apple**.
THEN, slide your fingers towards **YOU** into the groove **NEXT** to the Adam's apple in the side of the neck.
THEN, press down with your fingers **carefully for 5-10 seconds**.
See if you feel a pulse, then return to the phone.

Did you feel a pulse?

NO

YES

Continue with rescue breathing.
REMEMBER, PINCH the nose **SHUT** with one hand.
With your **OTHER** hand, **LIFT** the **CHIN** so the head **BENDS BACK**.
COMPLETELY COVER their mouth with your mouth.
GIVE ONE SLOW BREATH OF AIR into the patients **LUNGS**
Do this **ONCE EVERY 5 SECONDS**--just like you're blowing up a big balloon.
Make sure the **CHEST GENTLY RISES**.
Keep doing this **FOR ONE MINUTE**, then come back to the phone.
I'll stay on the line.

AFTER EACH MINUTE - REASSESS

(CONT.)

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(RESUME)

Put the **HEEL** of your **HAND** on the **CENTER** of their **CHEST**, right **BETWEEN** the **NIPPLES**.
Put your **OTHER HAND ON TOP** of **THAT** hand.
PUSH DOWN FIRMLY, ONLY on the **HEELS** of your hands, **1-½ to 2** inches.
Do it fifteen times, just like you're pumping their chest. (Count: 1, and 2, and 3, and 4, and...)
MAKE SURE the **HEEL** of your hand is on the **CENTER** of their chest, **RIGHT BETWEEN THE NIPPLES**.
Pump fifteen times.
Then, **PINCH** the **NOSE SHUT** and **LIFT** the **CHIN** so the head **BENDS BACK**.
TWO MORE BREATHS and **PUMP** the **CHEST** fifteen times.
KEEP DOING IT; PUMP the **CHEST** fifteen times. Then **TWO BREATHS**.
KEEP DOING IT UNTIL HELP CAN TAKE OVER.
I'll stay on the line.

OK

I CAN'T / HYSTERICAL

CONTINUE TO ASSIST
UNTIL HELP ARRIVES!

You're going to have to calm down to be able to help!

LARYNGECTOMY/ TRACHEOSTOMY PATIENTS PROMPT:

Keep the patient's head **STRAIGHT**.

COMPLETELY COVER the **STOMA** with your mouth.